

# Senior Trail Day

**NOVEMBER 5, 2003 – 8:00 a.m.**

## **MARICOPA COUNTY PARKS**

**Lake Pleasant Park Visitor Center** • The entrance to Lake Pleasant is located 2 miles north of State Route 74 off Castle Hot Springs Road. The main entrance provides access to the Visitor Center.

This scenic 1-mile desert trail is fairly easy and has a great view of the lake. The ranger will give a one-hour strolling talk about a variety of subjects including history and wildlife of the area. For additional information call Ranger Terry at (602) 372-7460, ext. 202.

**Usery Park** • 3939 N. Usery Pass Road, Mesa

Join Interpretive Ranger Johnathan Blyler for a guided 1-mile hike to learn about Desert Flora. Participants should meet at the Merkle Trailhead. The hard, smooth surface of this trail will accommodate wheelchairs and small electric scooters. Park entry fees are \$5.00 per vehicle. For additional information call (480) 984-0032.

**White Tank Mountain Regional Park** • 13025 N. White Tank Mountain Road, Waddell

Park Ranger Mark Lansing will lead a wheelchair accessible guided hike on the Black Rock Loop Barrier-free Trail at White Tank Mountain Regional Park. This is a 45-minute program on a half-mile trail that is completely wheelchair accessible and suitable for people of all ages and abilities. For additional information call Mark Lansing, Park Ranger at (623) 935-6056.

## **SCOTTSDALE**

**Eldorado Park in Scottsdale Indian Bend Wash** • 2311 N. Miller Road

Join your fellow seniors on a 2.5-mile walk through Scottsdale's beautiful Indian Bend Wash. The walk will follow a fully-accessible paved path which is suitable for participants of all abilities. Scottsdale Healthcare will be on site to provide senior healthcare information and give-aways. The walk begins at the Eldorado Park Boat Dock Ramada. For additional information call Yvonne Massman (480) 312-7901.



## **CHANDLER**

**Chandler Senior Center** • 202 E. Boston

Walk around Boston Street to San Marcos Place to Buffalo Street to Arizona Place and back to Commonwealth Avenue and end at the Center. Enjoy the park with its artwork, fountains and statues depicting the

founders of Chandler, Dr. A.J. Chandler, Frank Lloyd Wright and the Rosales family. For additional information call Denise Demaray if you have any questions at (480) 782-2722.

## **AVONDALE**

**Crystal Gardens Amphitheatre** • 107th Ave & McDowell Rd.

Come tour with us the 1½-mile trail around the Crystal Garden Lake, which has numerous wildlife (birds and fish). The trail is paved. For additional information call Keith Williams at (623) 932-9440.

## **GILBERT**

**Riparian Institute/Gilbert Public Library** • 775 N. Greenfield Rd.

Come walk along 2 miles of paved paths in this unique Riparian habitat. Enjoy a chance to see wildlife that is not normally found in your backyard. For additional information call David Sweeley at (480) 503-6756.

## **PHOENIX**

**Rose Mofford Sports Complex** • 9833 N. 25<sup>th</sup> Ave/North of Dunlap

Join a park ranger on this tour of the historic Arizona Canal/Cave Creek Wash. Educational exhibits will feature information on health, bicycling, and nutrition. For additional information call Briana Leon at (602) 495-3697.

## **TEMPE**

**Westside Multi-Generational Center** • 715 W. 5th Street, just east of Hardy

Discover new places and friends in Tempe. Join us for a short stretching exercise session beginning at 7:15 a.m. followed by a leisurely 2-mile hike/walk to the multi-use paths along Tempe Town Lake. For additional information call (480) 858-2420.

## **GOODYEAR**

**Estrella Mountain Regional Park-Navy Area** • 14805 West Vineyard Avenue

This 2-mile hike will follow the Gila River along the narrow path under tamarisk trees along the river's edge where there is aquatic life, including the beaver. The Park Ranger will discuss the unique ecosystem of the area. The next part of this hike goes up Mica Mountain, a moderately strenuous climb with breathtaking views of the valley below. The final part of the trail has petroglyphs. Recommended: walking stick, camera, binoculars, and bird guide. For additional information call (623) 932-3811.

*Please remember to wear sturdy, comfortable shoes and hat and to bring a water bottle. For questions, call Maureen DeCindis at (602) 254-6300.*

*For specific driving directions see this link at [www.mag.maricopa.gov](http://www.mag.maricopa.gov).*



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**Come walk with us!**

**Join other seniors for this one-day event.**

**Explore different areas of the Valley!**

